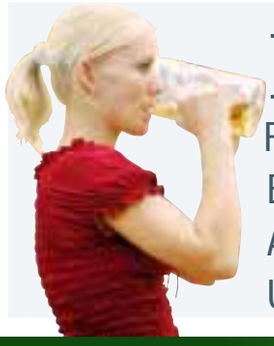
SHOPPERS DRUG MART
SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 10

Comedy unleashed

Stand-up comic Gilson Lubin plans to do and say anything he wants during his show Friday at the Park Theatre PAGE 8



BREW OR DIE

FACING COMPETITION, BREWERS ACROSS NORTH AMERICA LOOK INTO AN UNTAPPED MARKET: WOMEN PAGE 7

WINNIPEG metro®

Thursday, August 16, 2012

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Local celebs don gloves for charity

Olympic inspiration. Hot 103 crew members have been practising six days a week to prep for Saturday's bout

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

The two men at the heart of a celebrity boxing match for charity credit the London Olympics with inspiring their month-long training.

Hot 103's Ace Burpee is taking on Lloyd the Intern at Saturday evening's Take It Outside Again Outdoor and White Collar Boxing event.

"(Olympic athletes) just push themselves to a point most of us never would," said Burpee, moments before beginning an intense training session with Pan Am Boxing and Athletic Club president Harry Black.

Lloyd the Intern, also known as Lloyd Frobisher, said he isn't daunted by the task of punching his, well, superior.

"Not so much (intimidated). He's the one who asked me so I'm off the hook," laughed Frobisher, a self-described couch potato who has been hitting the gym six days a week for the past month in preparation for this fight.

Take It Outside Again

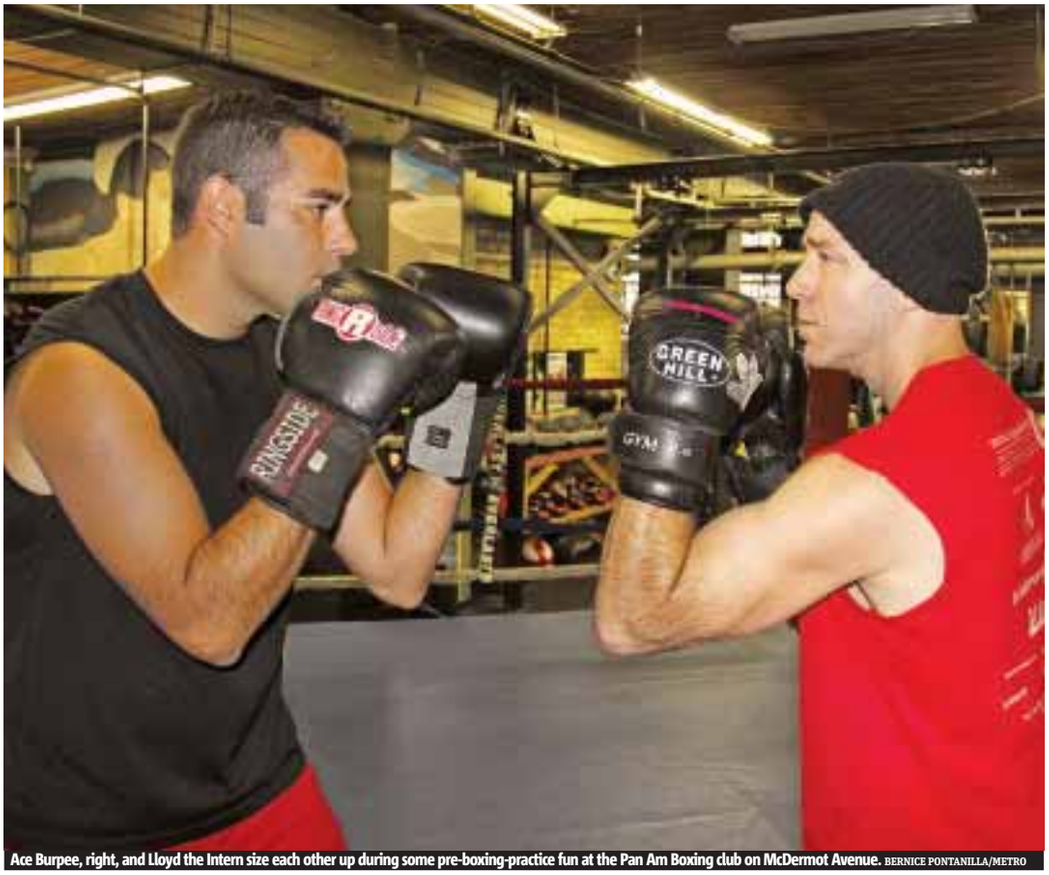
- Tickets for the event, which will be held on Arthur Street between McDermot and Bannatyne, are $20 in advance and $25 at the door, and can be purchased at Pan Am Boxing, 245 McDermot Ave.
- "We'll have some DJs, beer gardens, we have a stand-up comic from Pan Am ... (and) most importantly, we'll have a night of 10 to 12 fights," said Ace Burpee of Hot 103.

"It's a good cause and we'll do our best to put on a good show," he said.

Both Burpee and Frobisher agreed to step into the ring since all proceeds will benefit the Pan Am Place Youth at Risk Residence and Fitness Facility, which is spearheaded by Black.

"He's got a vision of helping kids and I respect that," said Burpee of Black's efforts to create a place of camaraderie and discipline for young men. "It's about getting kids on the right path."

Pan Am Place will provide a dorm-like living space where 15 young men aged 18 to 25 can reside full-time, train and pursue further education or find employment, said Black. Construction on the facility is already well underway.



Ace Burpee, right, and Lloyd the Intern size each other up during some pre-boxing-practice fun at the Pan Am Boxing club on McDermot Avenue. BERNICE PONTANILLA/METRO

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Green party

Candidate keen to turn Fort Whyte Green

The Green party's candidate in Fort Whyte is ready to take on the newly acclaimed leader of the Progressive Conservatives, and he has the political pedigree to do just that.

On Thursday morning at Memorial Park, the Greens will present Donnie H.J. Benham as their candidate in the Fort Whyte byelection, set for Sept. 4.

"I'm in it to win it. I wouldn't be running if I didn't think I could win," said Benham, 24, who has his sights on defeating Tory Brian Pallister. "The constituents of Fort Whyte need somebody to stand up as a real opposition voice in Manitoba."

Benham is the son of former city councillor Donald Benham, who represented River Heights-Fort Garry from 2004 to 2006. He said he was angered when former Tory leader Hugh McFadyen left his Fort Whyte seat.

"The way that he took off for a better opportunity in another city right after he had been elected, I think is bogus," said Benham, who works for G4S security. "I think they (Fort Whyte constituents) understand there needs to be a change in our provincial politics and that the Green party is going to be the best agent of that change."

Benham, who ran in Tuxedo in 2011, said he knows the area "very well," having grown up in River Heights. Working in his favour, he believes, is his youth and his not having any "old-line parties to hold loyalty to."

James Beddome, leader of the Green party of Manitoba, said Benham is the right person to hold the Selinger government and opposition Tories to account.

"He's just been energetic and full of ambition. This is exactly what we need," Beddome said. "I'm super-excited about Donnie's chances."

Rounding out the field in the Fort Whyte byelection are Bob Axworthy for the Liberals and Brandy Schmidt for the NDP.

BERNICE PONTANILLA/METRO

Donnie Benham CONTRIBUTED

Ellice Café and Theatre to go dark after seven years

Performing-arts venue. Artists who self-produce shows may soon need to find a new space to jam

LAUREN PARSONS
winnipeg@metronews.ca

The West End is losing a popular neighbourhood hub.

Ellice Café and Theatre is closing the doors to its café on Aug. 24 and the theatre by the end of the year.

"We have never had any intentions of going anywhere aside from Ellice," said John Chase, artistic director of Merlyn Productions Theatre Company, which has been staging shows at the theatre for four seasons. "But depending on what the new owners decide to do, we may have to start looking."

Owners New Life Ministries decided to sell the building last month after reassessing the restaurant's business model.

"We were hoping that the restaurant would eventually pay for itself, but after seven years it's not," said Curtis Halbesma, interim pastor of New Life Ministries.

"We wanted to keep prices affordable so that anyone, blue-collar, white-collar, no-collar, could come together."

Halbesma said he has received offers from other non-profits and groups but the ministry will have to vote on the best option for the West End community.

"We're not looking for the most money. We're looking for the best plan," he said, adding that much as he'd like to see the building continue as a restaurant and theatre, it may not be the end result.

John Chase, artistic director of Merlyn Productions Theatre Company, says he'll have to find another venue once Ellice Café and Theatre shuts down later this month. LAUREN PARSONS/FOR METRO

Daniel Pangman, who frequents the café and theatre as a patron and performer, said losing the theatre would have a negative impact on the West End community.

"It subtracts another venue to experience culture in Winnipeg — not just rock 'n' roll, but film and some incredible local-level wrestling," he said. "Losing the theatre drives performers and artists into basements. Performers will always perform, but the venues become more exclusive."

WAG celebrates 100 years with a look to its past and tribute to staff, donors, volunteers

The Winnipeg Art Gallery is celebrating its centennial with a tribute to the men and women who have contributed to its long success.

The WAG Century, which runs from Aug. 18 to September of next year, is an interactive exhibition that explores the history of Canada's oldest civic art gallery.

The exhibit includes a wall of photographs that pays tribute to WAG board presidents and directors, staff, volunteers, and donors.

Andrew Kear, curator of Canadian historical art, said in a release that the WAG Century is the gallery's first exhibition to focus on its "own history."

Head on over to the WAG.
CONTRIBUTED/TOURISM WINNIPEG

"It is an exhibition that not only unveils the past but, just as importantly, helps build the momentum that propels the Winnipeg Art Gallery forward into its second century," Kear said.

It includes catalogues, ephemera and photographs depicting Inuit carvings, artifacts from Tutankhamun's tomb and the work of Vincent van Gogh.

Visitors will also learn the back-stories of some of the gallery's 26,000 items — the first artwork purchased for the collection, momentous windfall acquisitions, works donated by historical figures and pieces that caused public controversy.

METRO

Email fraud

Beware phoney job offers, health agency warns

The Winnipeg Regional Health Authority wants the public to know that emails being sent to health-care workers in the Philippines offering employment are false.

The emails, from an unauthorized agency or person, ask for $90 Canadian for a "British English Training Fee." The WRHA has alerted police.

Anyone interested in employment with the WRHA should go to the official website at wrha.mb.ca. METRO

SMENEWS

Mobile news

Researchers have identified strange-looking mutated butterflies found near Japan's Fukushima nuclear plant. Scan the code to see why the science community is so worried.

DON'T BE LATE FOR DINNER WITH SUPER MOM

ABOVE-AVERAGE JOE
Kerri Salki

Meet April Roller, a.k.a Super Mom! She is one of the co-leaders of the Baby Wearers Club, a member of Winnipeg Attachment Minded Families and a certified car-seat tech.

She also volunteers at the Swapping Network when she has the time. April and her partner Andy have a two-year-old son named Kort. She reads, sews and bikes for fun! At the end of the day, this busy mom puts her feet up to watch her favourite show — The Walking Dead.

Born in: Winnipeg, in a hallway at the Misericordia
Occupation: Stay-at-home mom, child-care provider
Dream job: To own a daycare
Favourite season: Summer
Favourite time of day: Bedtime ("That's when my son and I cuddle.")
Last book you read: A Danielle Steel book called The Ranch
Pet peeve: When people are late!
Thick or thin crust? Thin
Favourite meal: Salad with cheese and ranch dressing, lasagna and garlic bread and an ice-cream sundae.
Favourite song: Brown Eyed Girl by Van Morrison
Last time you cried?: Last night, kissing my two-year-old goodnight. He's so big now!
Star name: (pet + street) : Michelangelo Allegheny

April Roller
KERRI SALKI/METRO

Just because they're not famous, doesn't mean they're not a somebody. If you know an Above Average Joe that you think needs recognition, e-mail me at kerri.salki@102clearfm.rogers.com.

KERRI IS PART OF THE SHOW JAY AND KERRI IN THE MORNING ON 102.3CLEARFM.

Funk Boat's grooving after 10 years strong

DJ Duo. Departure at Redwood Docks, Saturday at 10:30 p.m.

JARED STORY
winnipeg@metronews.ca

DJs Co-op and Hunnicut present the 10th annual Funk Boat this Saturday, a dance party aboard the MS Paddlewheel Queen. CONTRIBUTED

Oh buoy! Get your groove on this Saturday on the Funk Boat — a dance party aboard the MS Paddlewheel Queen.

Hosted by DJ Co-op and DJ Hunnicut, this year marks the 10th anniversary of the aquatic event. "The formula is simple: We play really awesome music and we work really hard to get the word out," says Tim Hoover, 33, better known as Co-op.

"Hunnicut and I have built a really good following, not just with the Funk Boat, but also all of the other events we've been doing for over 10 years."

Hunnicut and Co-op have earned a reputation for throwing Winnipeg's best dance parties, whether it be on a boat or at the Greenroom, where the boys rock out every Friday night.

The party-rocking pair is well-known for their funky song selection, masterful mixing and exciting stage show.

"When it comes to funk, Hunnicut is the musical force behind the duo," Hoover says.

"His collection of funky stuff from the '60s and '70s is absolutely incredible along with his musical knowledge. I don't want to say I'm the loose cannon, because he's kind of crazy too, but if I bring one specific thing to the table it's an oddball sense of humour and some crazy energy."

With a decade-plus of party-rocking under their turntables, the DJ duo isn't going away anytime soon.

"We've both gone through many relationships while our duo has stayed intact," Hoover says. "The big thing is we love what we're doing and we have fun doing it. When you're having fun, chances are it comes across and the audience then has fun, too."

Tickets for the 10th annual Funk Boat are $15 each at Urban Bakery and Kustom Kulture. Boarding begins at 10 p.m. at the Redwood Docks with departure at 10:30 p.m.

RCMP raid

Knock-off cell accessories seized

Four Winnipeg cellular repair shops were the targets of an RCMP raid on Tuesday, accused of selling counterfeit or knock-off cellular components and accessories. Police raided stores in the 500 and 600 block of Portage Avenue, the 500 block of St. Anne's Road and a location at Kildonan Place, seizing thousands of cellular parts believed to be worth more than $100,000. The items include knock-off Apple, BlackBerry, Otterbox and Motorola accessories. The locations were not authorized to repair BlackBerry or Apple cellphones. METRO

Suspect sought

Jogger sexually assaulted: Cops

Police are searching for a suspect after a 27-year-old woman was sexually assaulted while jogging near Ness Avenue and Sturgeon Road on Tuesday. The suspect is described as a black male, 20 to 25 years old, six-foot-one with a slim build and short dark hair. METRO

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At least 20 deaths reported in Syrian airstrike on town

Azaz. Attack came on same day UN released report accusing Assad's forces, pro-government militiamen of war crimes during May bloodbath that killed over 100

Injured Syrians evacuate a field hospital after a second airstrike in the town of Azaz on the outskirts of Aleppo, Syria, Wednesday. KHALIL HAMRA/THE ASSOCIATED PRESS

Syrian fighter jets screamed through the sky Wednesday over the rebel-held town of Azaz, dropping bombs that levelled the better part of a poor neighbourhood and wounded scores of people, many of them women and children buried under piles of rubble. Activists said more than 20 people were killed.

The Britain-based Syrian Observatory for Human Rights said 23 people died in the double airstrike and more than 200 were wounded. Mohammed Nour, a local activist reached by phone, put the death toll at 25. Neither figure could be independently confirmed.

Reporters from The Associated Press saw nine dead bodies in the bombings' immediate aftermath, including a baby.

The bombings sent panicked civilians fleeing for cover. So many were wounded that the local hospital locked its doors, directing residents to drive to the nearby Turkish border so the injured could be treated on the other side. One person's remains were bundled into a small satchel.

The bombing of Azaz, north of Aleppo, shattered the sense of control rebels have sought to project since they took the area from President Bashar Assad's army last month. Azaz is also the town where rebels have been holding 11 Lebanese Shiites they captured in May.

THE ASSOCIATED PRESS

Right in the derriere

Man inadvertently shoots himself

Police say a man accidentally shot himself in the buttocks at a Nevada movie theatre during a showing of The Bourne Legacy.

Police in Sparks, Nev., say the 56-year-old man's injuries are not life-threatening and no others were hurt.

Authorities say the man had a permit to carry a concealed firearm. The man told officers the gun fell from his pocket Tuesday night as he was adjusting himself in the seat and that it discharged when it dropped to the floor.

THE ASSOCIATED PRESS

Childhood trauma

Penn State forum tackling sex abuse

Penn State announced Wednesday that it will host a national child-sex-abuse conference this fall, the latest in a series of initiatives designed to help the university recover from a devastating molestation scandal.

The gathering scheduled for Oct. 29-30 will feature academic and clinical experts on childhood molestation and trauma, as well as remarks by retired boxing champ Sugar Ray Leonard and former kidnapping victim Elizabeth Smart, both of whom suffered sexual abuse. THE ASSOCIATED PRESS

Japan pauses to remember

Family members and relatives of the war dead offer flowers before an altar decorated with a huge bank of chrysanthemums during a memorial service at Budokan Martial Arts Hall in Tokyo on Wednesday. Japan was marking the 67th anniversary of its Second World War surrender. SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS

Study. Canadians rank among leading clients of illegal-drug website

Canadians are among the top sellers and buyers of marijuana, steroids, cocaine and other drugs available at the click of a mouse on an anonymous website that functions like a black market version of EBay, a study has found.

The website, called Silk Road, uses a digital currency to protect online purchases, and an anonymity software to conceal users' identities online, making it very difficult for law-enforcement agents to locate the site's servers or its participants.

Nicolas Christin, a cybersecurity professor at Carnegie Mellon University in Pittsburgh, Pa., said the website is growing at an alarming rate, with total revenues estimated at $1.9 million per month.

According to his research, which looked at the sales activity on Silk Road for eight months between end of 2011 and 2012, Canada ranks fifth in a list of top-12 most-frequent shipping origins and destinations, accounting for about six per cent of both.

THE CANADIAN PRESS

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STUDY SAYS WE'RE SILLY GOOSES

HE SAYS...
John Mazerolle
metronews.ca/voices/he-says

A couple of enlightening new surveys released this month show that many Canadians are oblivious, dog-like fools. None of the articles written about the studies started that way, mind you, but I think the news was buried.

What the stories did say was that many Canadians — myself included — manage their money with all the success of Research in Motion. Roughly half of us have no emergency savings, and a good chunk of young people plan to retire early but haven't actually started saving, you know, money.

Some of the reasons youth gave for not saving are a little baffling, as if I just made them up or something:

- 40 per cent: Plan to cash out their World of Warcraft gold, ignoring the fact that Mario coins have barely appreciated in value.
- 33 per cent: Have "liked" Retirement Savings on Facebook multiple times and don't know what more they could possibly do.
- Five per cent: Have access to the Fox News channel, assumed socialist welfare state would cover costs.

Freedom fuddled

"Frankly, a survey saying we're bad with our money isn't that shocking. What's shocking is a group of people so out of touch that they believe they're going to retire early despite having no money."

Frankly, a survey saying we're bad with our money isn't that shocking. What's shocking is a group of people so out of touch that they believe they're going to retire early despite having no money.

It'd be one thing for a survey to show, say, that Canadians are overweight and unhealthy. But if the same survey showed that obese, chain-smoking Canadians had plans to compete at Rio, we might start questioning our mental-health system, too.

Not that I can be too critical.

I personally always keep several thousand dollars in my mattress for when the McRib comes back. But other than that, I am a typical, cash-confused Canadian.

My emergency savings consist of a jar in my apartment where I throw pennies, so that once it's full enough I can complain about how useless pennies are. A penny saved is a waste of time, I always say.

As for retirement, I plan to die retroactively at 27.

In other words, I feel Canada's financial pain. Or more specifically, I don't feel it, which is the problem.

This is where we're like dogs. If you have a dog and he eats your food while you're out, you know it's pointless to discipline him because the crime and the punishment are too far apart, and he'll wonder why you're suddenly upset that he's licking himself for the 27th time that day.

As with global warming, we don't see the negative consequences right away so we can't do the right thing.

It would be helpful if ATMs jolted you with 10,000 volts at every withdrawal, or if our credit cards were designed to give us nasty paper cuts.

Maybe if the bank teller scratched us behind the ear and told us we were good every time we made a deposit, we'd do it more often.

If any banks start doing this, please let me know. I'll be in your debt. And if my track record holds, most likely forever.

Want to plan for retirement with no money? Ha! ISTOCK

Philippines turns into Venice

GETTY IMAGES

Stormy weather

Natural disasters return to islands

Tropical storm Kai-Tak is battering the Philippines, with the islands still recovering from the last deadly storm just a week ago. Many roads are knee-deep in water and at least four deaths have already been confirmed. Forecasters are hoping that Kai-Tak will be out of the Philippines by the end of the week. **METRO**

Trash at epidemic levels

"On a daily basis, at least 1,900 tonnes of garbage are collected during normal weather. During storm-related calamities, the volume increases five-fold."
Manila Mayor Alfredo Lim

Worst Philippine storms

- **Nesat.** Struck in 2011, and spread as far as China. Caused over $1 billion US in damage and 747 deaths.
- **Parma.** Killed 465 people and caused over $600 million US in damage in 2009.
- **Fengshen.** Not as strong but impact worsened by poor forecasting; it killed over 1,300 people when it struck in 2008.

Coping methods

Finding ways to survive floods

The Philippines is hit by an average of 20 storms per year, and the locals have found ways to adapt. During storms hundreds of thousands of people move into evacuation centres including schools, gymnasiums and government buildings. In the coastal areas, many homes have to be repeatedly rebuilt. **METRO**

Metropolitan Panel

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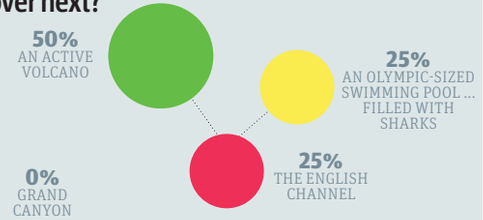
What should Nik Wallenda tightrope walk over next?



Twitter

@davidleslie:
There are just a few guarantees. Death, taxes, and a train at Waverley. #Winnipeg

@SinanLeylek:
Is it just me or does my @metrowinnipeg become 3D when I read it in the rain?

@seanovisionx:
The lagimodiere/reenders lights are flashing red. But drivers know that means treat them as stop signs right? winnipeg proves me wrong again

@IHaertU:
Well that was fast, Aug 15th and i'm wearing a toque and wool socks #Winnipeg #weatherwoes

@crackberrykevin:
When I get an email from someone that says "Sent from my iPad" I immediately conclude that person places little value on their time. Agree?

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Women virtually untapped in beer market: BMO report

Brewing competition.
They're looking for low-cal, light beer: Expert

It's been mostly a man's world when it comes to beer.

Women are a big, untapped market for North American beer brewers as they face more competition from wine and spirits and specialty craft brewers, says a Bank of Montreal report.

"At this juncture, 80 per cent of beer sales are sold to guys," said David Rinneard, national manager of agriculture at BMO.

What women want is low-calorie, lighter-flavoured beer and beer-based beverages, he said Wednesday from Toronto.

Brewers will appeal to female sensibilities with these niche products along with commercials and marketing targeted at women, he said.

Market Minute

DOLLAR
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TSX
11,905.44 (+51.83)

OIL
$94.33 US (+90¢)

GOLD
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Natural gas: $2.748 US (-8.6¢)
Dow Jones: 13,164.78 (-7.36)

"They're making a diligent effort and attempt to go after that new market."

Calories also are "unquestionably" a factor in getting women to drink more beer, Rinneard said, adding men can also be calorie conscious.

Traditionally, women weren't pursued by brewers because they didn't need the market with the "prosperous" and defined market of male beer drinkers, Rinneard said.

Beer for women is starting to make some inroads. "Chick Beer" is an American craft-brewed beer specifically aimed at women and boasts just 97 calories, 3.5 carbs per bottle and 4.2 per cent alcohol.

For the calorie conscious, there's Molson Ultra with 2.5 grams of carbohydrates, 97 calories and 4.5 per cent alcohol.

As wine and spirits affect beer consumption and the population ages, brewers have to look for other growth opportunities, Rinneard said.

"In essence, they're competing for a defined or limited amount of stomach space, if you can call it that." THE CANADIAN PRESS

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SCENE 2

Comedian Gilson Lubin is ready to let the funny fly

Gilson Lubin says when he immigrated to Canada he thought comedian meant custodian. CONTRIBUTED

The Comedy House Party. Funnyman brings his act to Winnipeg on Friday

BACKSTAGE PASS
Jared Story
winnipeg@metronews.ca

For Gilson Lubin, comedy wasn't exactly a natural career choice.

Immigrating to Canada from the Caribbean island of Saint Lucia at age 13, the future funnyman didn't even understand the concept of a comedian.

"I remember in high school people would do yo mama jokes, which was confusing, because on the islands nobody says anything about anybody's mother or you'll get hit," Lubin says from his home in Toronto.

"I'd just retaliate with the meanest thing I could think of and my friends would say 'Oh, this guy's a comedian.' I didn't know what that meant. I thought they meant custodian. I could mop a floor OK, but I don't know man."

While studying architectural technology at Humber College, Lubin was introduced to Yuk Yuk's comedy club, hitting the stage for the first time in late 1997.

Three years later Lubin was working professionally, winning a Canadian Comedy Award in 2003 for Best Stand-up Newcomer.

Lubin has since appeared on TV shows like Comedy Central's Premium Blend, HBO's Def Comedy Jam and MTV Live, where he served as a host for several years.

He's even opened for American stand-up star Dave Chappelle.

Still, despite his success, from time to time, Lubin bombs.

"I bomb, but in the right places," Lubin says.

"Bombing happens when you try new material. There are places I'll show up intending to do new jokes but people in the audience expect what they see on the TV.

"They expect you to be good every time all of the time. But, you've got to bomb if you want to uncover anything new."

Don't worry; Lubin won't be bombing in Winnipeg. Friday's show at The Park Theatre — dubbed The Comedy House Party — is a big deal and Lubin is excited to do a show outside of the usual comedy club environment.

"It means you're unleashed to do and say anything you want," Lubin says.

"Obviously we have personal guidelines, no one's intent is to offend and hurt, but it just means you don't have to worry about trying to please every single person. Just go out and have fun. The ones who love you came out for that."

If you go...

- Tickets for the show are $20 at The Park Theatre and vneckproduction204@gmail.com or $25 at the door. Showtime is Friday at 7 p.m.

On the web

Evelyn Lozada's rep says star has filed for divorce from Chad Johnson after arrest

HANDOUT

'I JUST HAD TO DO OR DIE'

Rapper 2 Chainz looks to build on revived career with solo debut and top-level collaborations

Rapper 2 Chainz took some major risks two years ago when he bolted from Ludacris' Disturbing tha Peace record label, changed his stage name and left a group to pursue a solo career.

The Atlanta-based rapper, initially known as Tity Boi, scored big as a member of the rap duo Playaz Circle with the Lil Wayne-assisted 2007 hit Duffle Bag Boy. But the group's debut album barely sold 100,000 units, and their follow-up, 2009's Flight 360: The Takeoff, debuted at No. 74 and didn't launch any hits.

"I figured if I was going to do bad, I'd rather be bad all by myself," 2 Chainz said in a recent interview. "Even when I had a deal, I was paying out of pocket ... I was already funding videos, doing my mixtapes. You rarely get money out of labels, except for when they open up a budget for a project. Other than that, it's a do-or-die type thing. So, for me, I just had to do or die."

Taking the risk to go solo is finally paying off.

A pair of successful mixtapes helped 2 Chainz consistently book concert shows and land guest appearances on hit songs, including Kanye West's No. 1 rap smash Mercy and the Nicki Minaj single Beez in the Trap. He also joined Minaj on her U.S. summer tour.

Now the rapper is hoping to capture audiences on his own with his solo debut, Based on a T.R.U. Story, released this week. The first single, No Lie, features Drake and is currently No. 1 on Billboard's R&B/Hip-Hop songs chart. The album features top acts like West, Minaj, Lil Wayne, John Legend, Scarface and The-Dream.

You had a sliver of limelight in 2007, you fell into obscurity and now you're rising — a rare sequence for a rapper's career. What do you attribute to your revived image?

I just worked harder than anyone else. There was no formula. I can't tell you a particular story or a contract I signed. My mind-set of just grinding it out, a lot of sleepless nights, thinking and praying a lot. The number of cities I was able to play in. The timing. Those combinations have helped get me to where I'm at today.

You had a lot control as an independent rapper. Now, you're signed to Def Jam Records. Why make the move when you were achieving so much independently?

When I left DTP, I wanted to do things on my own. I wanted people to respect my mind. I wanted people to respect some of my ideas. The independent route was the best move for me. But I think I've maximized everything I could do independently. I've done everything out the mixtape market. I think getting the big machine behind you is the next stage when you've maximized the independent level.

How did you end up collaborating with A-List acts like Kanye West, Drake and Nicki Minaj?

I had already been communicating with them. I've known Drake for five years. Me and Drake were on tour with Lil Wayne when Drake was fresh off the TV show (Degrassi: The Next Generation). A lot of people don't know that. I've known Lil Wayne for a decade. I've had respect with them and in the hip-hop community. I just had to figure out a way to connect the dots with them and the fans.

With the community, I was cool. I was networking, hooked up with DJs. I was just being a people's person.

THE ASSOCIATED PRESS

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McPhillips Station CASINO

No sequel for Stewart

While Rupert Sanders might still get to direct a follow-up to Snow White and the Huntsman, star Kristen Stewart reportedly won't be taking part, according to the Hollywood Reporter.

While a planned second film was set to follow Stewart's Snow White, studio Universal is now re-conceiving the sequel as a spin-off focusing on Chris Hemsworth's Huntsman.

"The studio is currently exploring options to continue the franchise," a Universal spokeswoman says. Sanders and Stewart made headlines when they acknowledged they'd been having an affair last month, though it's unclear if that situation had anything to do with the studio's decision.

Jean-Claude Van Damme

Van Damme cheated on wife with Kylie Minogue

Nearly 20 years later, Jean-Claude Van Damme confirms that yes, he did in fact cheat on his then-wife, Darcy LaPier, with singer Kylie Minogue while filming Street Fighter, according to the Guardian.

"Yes, yes, yes. It happened," Van Damme tells the newspaper. "It would be abnormal not to have had an affair, she's so beautiful and she was there in front of me every day with a beautiful smile, simpatico, so charming. She wasn't acting like a big star."

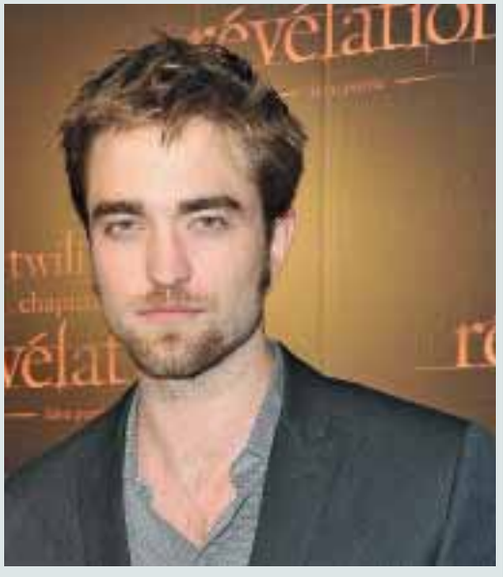
As for a more detailed recollection?

"You should ask her," he says. "She'll have a better memory. I'm 51 years old. Do you know how much I was punched in the face on The Expendables?"

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Pattinson dodging break-up questions

MONICA WEYMOUTH
scene@metronews.ca

With his latest film, Cosmopolis, set to hit theatres Friday, Robert Pattinson — who has never been one to talk about his personal life — has been at the mercy of the media.

He eased into things Monday with The Daily Show, where Jon Stewart playfully offered him a pint of break-up Ben & Jerry's before obediently asking him about the film that no one cared about.

But Good Morning America host George Stephanopoulos wasn't about to let dignity get in his way yesterday morning.

After Pattinson didn't voluntarily offer any details about how he's coping after the Kristen Stewart cheating scandal, Stephanopoulos pressed, "What do you want your fans to know about what's going on in your personal life?"

Pattinson finally offered some insight: "I'd like my fans to know that Cinnamon Toast Crunch is just 130 calories."

We're pretty sure this is as close as we're ever going to get to eating breakfast with Robert Pattinson. And we'll take it — even if that is one skimpy little bowl of Cinnamon Toast Crunch.

Jennifer Aniston. ALL PHOTOS GETTY IMAGES

Aniston's rocking a major rock

Jennifer Aniston has been hiding her engagement ring, but that won't stop us from talking about it. According to Life & Style, fiancé Justin Theroux is significantly poorer this week.

"It's a huge emerald-cut diamond," a "friend" of the couple tells the magazine of the eight-carat rock.

"It's a rectangle with tapered diamond baguettes on the sides."

We already feel creepy talking about this, so sure, let's go for broke: Angelina Jolie is wearing a similarly-cut engagement ring from Aniston's ex, Brad Pitt.

Miley seems proud of new hairdo

Miley Cyrus has caught some flack for the drastic bleach-blond haircut she debuted on Twitter this week, but she's not taking it seriously.

In fact, she's taken to tweeting inspiring affirmations.

"Self love is the greatest of all flatterers," she posted Monday, while the next day she followed up with "Energy flows where our intention goes. Create your day," accompanied by a picture of the pixie-haired singer lounging in bed.

beauty event
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SHOPPERS DRUG MART

Already missing the Olympics? With a pair of these '70s-sportswear-inspired styles, you'll be going feet first into a sporting summer.

RICHARD PECKETT
richard.peckets@metro.lu

5 Sneakers to slip into the '70s

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Maison Martin Margiela 22 men's replica sneaker

$419, oki-ni.com

Onitsuka Tiger California 78

$86, onitsukatiger.co.uk

Reebok Paris Runner

$55, reebok.com

Nike classic Cortez vintage

$65, nike.com

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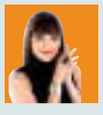


JEANNE SPACE
Jeanne Beker
life@metronews.ca

IN THIS HECTIC MODERN WORLD, TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND, AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

@Jeanne_Beker: My daughter just took on a train with vintage luggage circa 1940. Cool but hard to travel with. What rules for travel: Style or function?

@JeffreyLuscombe
Style for train, function for plane.

@Jeanne_Beker
Hmmmm. Guess I should start taking trains more often!

@KarleighSergio
Your luggage should be function but you should always dress in style!

@Jeanne_Beker
Agreed!

@shine2u
Style.All style! Especially train travel

@Jeanne_Beker
Yeah–it is rather romantic after all.

@Whatsinmypurse
i think you can have both! Love function but would never give up style ...maybe compromise a wee bit

@Jeanne_Beker
I definitely think compromise is key–to all kinds of situations!

@charlottenurse
I have 3 hardshell suitcases from the 50s that I LOVE but are so impractical :(

@Jeanne_Beker
Tell me about it! We'll have to see how my daughter fares with hers...

@Jeanne_Beker: With @robinsharp aka Trixie Dixon + Bekky O'Neil aka @qualityslippers Raising funds for a musical!

On the Web

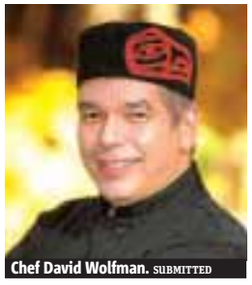
Cosmo's Helen Gurley Brown leaves a legacy of frank sexual talk and message of fulfilment

Tired of beef burgers? Bison Sliders give grilled eats a tasty Native touch

An enthusiastic educator and entertainer, Chef David Wolfman, is an internationally-recognized and award-winning expert in wild game and traditional Aboriginal cuisine.

He is also the executive producer and host of Aboriginal Peoples Television Network's popular Cooking With the Wolfman program, on which he displays his signature Aboriginal Fusion.

Wolfman shares his delicious recipe for Bison Sliders, which you can serve up on a traditional hamburger bun with all your favourite condiments.



Chef David Wolfman. SUBMITTED

Ingredients

- 500 g ground Bison meat
- 5 ml each of rosemary, thyme and chives, chopped finely
- 125 g wild rice, cooked
- 2 med eggs
- 5 ml Dijon mustard
- 15 ml chili paste
- salt and pepper to taste
- 50 g bread crumbs
- 20 ml olive oil

1. In a bowl mix the ground Bison meat, herbs and wild rice, then add the eggs, Dijon, chili paste, bread crumbs, salt and pepper and mix well. Form into small patties and chill for 30 minutes.

2. In a sauté pan, heat the oil, place the patties, cook until they are brown, turn over and repeat.

3. Remove from pan and place into the oven and cook until the internal temp is 165 F.

4. Serve on slider buns and with a salad such as a Jicama Slaw. Garnish with sliced tomato and spinach greens. Enjoy! RECIPE COURTESY OF CHEF DAVID WOLFMAN/ PLANET INDIGENUS FESTIVAL

Bison Sliders

Bison is a tender, lean red meat alternative. CHRIS CHIDSEY

Cookbook of the Week

Enjoy earthy feasts all year round

Andrew George, of Canada's Wet'suwet'en Nation is a well-respected aboriginal chef and instructor who has spent the last 25 years promoting the traditions of First Nations food.

In A Feast for All Seasons, written with Robert Gairns, he has compiled aboriginal recipes that feature ingredients from the land, sea and sky.

The 120 recipes include delectable, make-at home dishes such as Salmon and Fiddlehead Stirfry, Stuffed Wild Duck, Barbecued Oysters, Pan-fried Rabbit with Wild Cranberry Glaze, Clam Fritters, Wild Blueberry Cookies, Moose Chili and more. METRO

Getting the bedding

What kind of sheets should I buy for my master bed, how many do I need and how often do I need to change them? Diane B.

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Dear Diane B,

First, when you go shopping I don't want you to worry or stress about thread count.

Feel the sheets and remember the fabric has "sizing" (a combination of light glue and starch on them, making them stiff and look good in the retail store), so you really need to buy one sheet, wash it and sleep with it. I like sheets with "percale" in the summer. This is a closely woven smooth finish cotton.

In the winter I love flannel sheets, and the best part of flannel for me is that they are warm on cold nights and don't need to be ironed!

I personally don't recommend anything with polyester simply because they don't breath, so you are more likely to sweat in them and be uncomfortable.

Once you find a brand of sheets you like, you should have a minimum of two sets, and if budget allows, a third set.

This way you have one set that is dirty, one on the bed and an emergency back up for spills, dogs, kids, life, etc.

And finally in a perfect world bed sheets should be changed weekly.

Remember the human body sweats a litre of liquid per night and the exfoliation of dead skin about every 21 days all accumulate in your bed, and bacteria/mites love to feed on this.

Even if you don't have time to iron your sheets, change them often. You will sleep better and feel better in clean fresh cotton sheets.

And the colour? I personally only buy white sheets but colour, pattern and style is truly a personal choice.

Pick your style and buy everything within that same style so it gives you lots of mix-and-match options. Sleep tight!

In a perfect world, you should change your bed sheets every week. ISTOCK IMAGES

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MEET YOU AT CORRIENTES

If you want to experience the taste and fun of South America, visit Corrientes Argentine Pizzeria on Bannatyne Avenue downtown. The restaurant features traditional Argentina pizzas and empanadas, there's a friendly, informal atmosphere, and many of the staff are from Argentina too.

"Pizzerias are really a fundamental meeting place in Argentina," says general manager Cynthia Murray, who moved to Winnipeg from Buenos Aires just a year ago.

And that's what restaurateur Noel Bernier was after when he created Corrientes, which opened in July. Located in a historic building beside the Red River and close to his South American-inspired restaurant Hermanos, Bernier named the restaurant after Buenos Aires' Corrientes Avenue, which is a mix of pizzerias, theatres, coffee shops and bookstores. Like its namesake, the cozy 60-seat Corrientes is a great spot for a late night meal, an early morning coffee, or anything in between...

"It's all about getting together with family and friends and sharing food and drink," says Murray. There are tables as well as a private area with comfortable chairs and books where customers can sit and relax.

The small menu features South American specialties including traditional thick crust pizzas that are made with a lot of cheese. The pizzas are named after popular pizzerias in Buenos Aires. For example, the Banchero, an Argentinian favourite , is known as 'fugazzeta rellena' and is topped with onion and oregano with the cheese inside the crust; the Guerrin is topped with mozzarella, ham, red peppers and olives. "People from Argentina go crazy for that," says Murray.

Empanadas are also South American. Murray says the ham and cheese, and the beef, are favourite traditional flavours but there are lots of other choices too. Or, enjoy a dessert empanada – the Dulce de Leche Y Banana is very popular – with a coffee (and there are 20 to choose from).

Corrientes has a nice wine list too... it includes Malbec from Argentina as well as selections from Chile, Canada, the U.S., and other South American countries.

CORRIENTES WELCOMES TOP CHEF DARRYL CRUMB

Corrientes has a guest chef in the kitchen! Paris-trained Darryl Crumb grew up on a family farm in Manitoba and was a featured chef on the TV show Top Chef Canada. He is working at Corrientes for two months "to experience the food and culture of Argentina" and to bring new flavours to some of the traditional dishes on the menu. One of his latest offerings – a pan-fried open-faced empanada served with scallops and vegetables and a corn sauce.

SPORTS 4

NHL and players' union still worlds apart, says Bettman

CBA. 'Number of issues' still unresolved with time running out

With one month to go before the NHL's collective bargaining agreement expires, the league and players seem no closer to a deal than when talks began in June.

In fact, the divide may have grown even further.

It took commissioner Gary Bettman less than 24 hours to conclude that the first proposal from the NHL Players' Association held little appeal for the owners.

"There's still a wide gap between us with not much time to go," Bettman said Wednesday in Toronto.

"I do think it's fair to say that the sides are still apart — far apart — and have different views of the world and the issues," he added.

The current CBA expires Sept. 15 and Bettman has made it clear that the league will enact a work stoppage if a new deal isn't in place by then.

On Tuesday, the union put forth a proposal that included a smaller percentage of revenues for players over the next three seasons in exchange for an expanded revenue-sharing program to help struggling teams. The NHLPA estimated that players would be giving up $465 million US in salaries if the league continued on its pace of growth each season.

However, that math didn't add up for the league.

"I think it's fair to say that we value the proposal and what it means in terms of its economics differently than the players' association does," said Bettman. "I think there still are a number of issues where we're looking at the world differently. I'm not sure that there has yet been a recognition of the economics in our world — and I mean the greater world and the sports industry, taking into account what recently happened with the NFL and the NBA."

Both of those leagues went through recent lockouts before ultimately seeing the players' share in revenue reduced. The NHL's initial proposal called for a significant reduction from 57 per cent to 43 per cent, when factoring in changes to the way revenue is calculated.

THE CANADIAN PRESS

Quoted

"It takes two sides to make a deal, it takes two sides to negotiate and it takes two sides if it all goes bad."

NHL commissioner Gary Bettman

NHL commissioner Gary Bettman arrives for collective bargaining talks in Toronto on Wednesday. CHRIS YOUNG/THE CANADIAN PRESS

Fehr cries foul

NHLPA head bristles at reception

The strong words Wednesday left many feeling like another lockout is ahead.

Donald Fehr, the NHLPA's executive director, was disappointed the owners weren't more receptive to what he viewed as significant concessions in the NHLPA's offer.

"There's a pretty substantial monetary gulf which is there and when you start with the proposal the owners made, how could it be otherwise?" said Fehr. "I mean, consider what the proposal was: It is 'Let's move salaries back to where they were before the (2004-05) lockout started, back to the last time.'

"'We had a 24 per cent reduction last time, let's have another one.' That was the proposal. That's what creates the gulf."

The sides broke off from talks with two completely different offers on the table and no meaningful negotiation sessions planned until Aug. 22. THE CANADIAN PRESS

'Jobs are on the line' in Bombers locker-room

Glenn January, seen here scrambling for a loose ball in Toronto in July, knows the Bombers have to "pick it up." RICK EGLINTON/TORSTAR NEWS SERVICE

One team is looking to catch a wave while the other is looking to get its head above water as the Hamilton Tiger-Cats visit the Winnipeg Blue Bombers Thursday.

The 1-5 Bombers are looking to new quarterback Joey Elliott to secure just their second win of the season.

"The message has been sent, we have to pick it up," said veteran Winnipeg offensive lineman Glenn January.

"Whenever you're 1-5, people's jobs are on the line."

The veterans on the team get it, he suggests.

Beasts of the East?

Winnipeg is the only East Division rival Hamilton hasn't defeated this season.

"Some of the young guys are starting to figure it out."

The Hamilton Tiger-Cats, meanwhile, are looking to break out of the 3-3 logjam that is the rest of the CFL East, even though they're leading the pack thanks to wins over both Toronto and Montreal.

Elliott, who took over after the Bombers' bye week from backup Alex Brink, says he's not scared of failure, because that's a sure way to lose.

"My job is to prepare, prepare, prepare, then when it's game day I'm just going to go out and have fun," said Elliot.

This is his third year with the Bombers and it will be only his third start. Brink got the hook after going 1-2 in his three starts after taking over from an injured Buck Pierce.

THE CANADIAN PRESS

Mobile sports

Things in Boston just keep getting worse. With the Red Sox sitting 12 1/2 games back in the AL East, rumours had been swirling about a player mutiny against manager Bobby Valentine. The drama forced club owner John Henry to try to dispel that notion on Wednesday. Scan the code for the story.

MLB

Giants' Cabrera gets 50-game ban

Melky Cabrera's MVP-calibre regular season is over. The San Francisco Giants outfielder, and NL batting leader, was suspended 50 games Wednesday following a positive test for testosterone.

THE ASSOCIATED PRESS

MLB

M's Hernandez finds perfection

King Felix now has a crowning achievement.

Felix Hernandez pitched the Seattle Mariners' first perfect game, and the 23rd in MLB history, overpowering the Tampa Bay Rays in a brilliant 1-0 victory Wednesday. THE ASSOCIATED PRESS

Felix Hernandez gets doused with water after Wednesday's perfect game. GETTY IMAGES

CFL

Mitchell's appeal on ban falls flat

B.C. Lions defensive lineman Khalif Mitchell will serve a two-game suspension for hyperextending another player's arm in a game last month.

An arbitrator has upheld the two-game ban, originally handed down July 23.

Mitchell appealed the decision and has remained in the lineup.

The incident occurred in a July 22 game between Edmonton and B.C., when Mitchell violently pulled on the arm of Edmonton offensive lineman Simeon Rottier.

The suspension is significant by CFL standards because it's the longest ever issued by commissioner Mark Cohon. THE CANADIAN PRESS

Horoscopes

Aries
March 21 - April 20
Don't cut corners or disobey rules, especially on the work front where colleagues and employers won't be too happy if you do the opposite of what is expected of you. There's a lot at stake — don't mess up.

Taurus
April 21 - May 21
Watch what you say today because you may be tempted to go over the top and let slip something you will later regret. Also, make no accusations that you cannot back up with rock solid facts and figures.

Gemini
May 22 - June 21
Your financial situation is not so bad that you have to cash in your stocks and shares or sell off your assets. However, your everyday spending habits do need some attention. Where can you make savings?

Cancer
June 22 - July 23
Petty arguments could very easily get out of hand today, so watch your temper. Others may be unjustly critical of what you are doing but the best way to deal with them is just to ignore them.

Leo
July 24 - Aug. 23
You seem to be out of touch with what is going on around you at the moment but that's no bad thing. If you get involved with other people's battles, you could end up as one of the wounded.

Virgo
Aug. 24 - Sept. 23
Listen to what other people have to tell you today and, if their proposals sound good, offer to join forces and make it happen. You are not the only one who has good ideas. Teamwork invariably brings success.

Libra
Sept. 24 - Oct. 23
What you are offered today may fall short of what you desire but the planets indicate it is the best deal you are going to get, so you might as well take it. And don't forget to show your appreciation.

Scorpio
Oct. 24 - Nov. 22
Delays of one sort or another are likely today but don't let that stop you getting out into the world and meeting new people. In most situations, a smile and a kind word will get you past obstructions.

Sagittarius
Nov. 23 - Dec. 21
Few things are as bad as they first appear to be and if you keep that thought in mind today you won't go far wrong. A temporary setback is just that so don't make a huge deal of it.

Capricorn
Dec. 22 - Jan. 20
It may be easy to get annoyed with people who cannot live up to your standards, but if you do it will only make matters worse. Stay calm and realize that, for some, your standards are impossibly high.

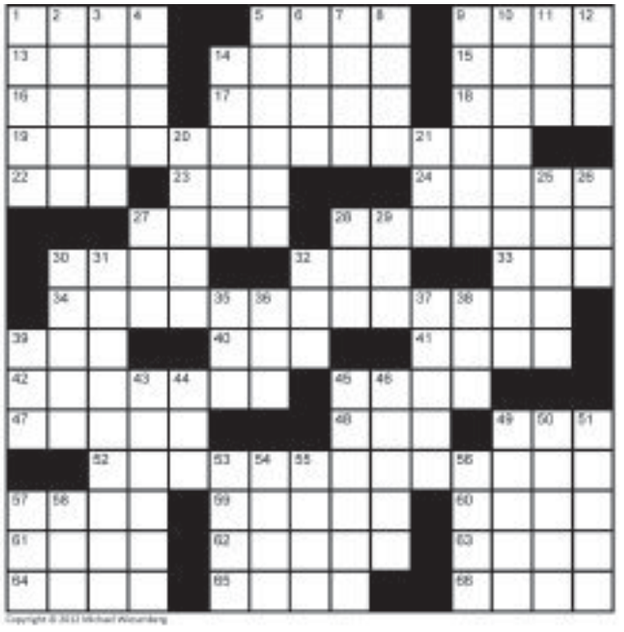
Aquarius
Jan. 21 - Feb. 19
You would be wise to think twice before acting on a hunch today, especially on the work front where your reputation could take a nose-dive if you make the wrong call. Let's others take the risks.

Pisces
Feb. 20 - March 20
You should be doing more. You should be making better use of the talents you were born with. What you need to remember is that each and every day can be a new beginning. Forget about yesterday — act today.

SALLY BROMPTON

Crossword: It's a Puzzle

BY MICHAEL WIESENBERG



Across

1. ___ cadabra
5. Chimney cleaner's concern
9. The most successful Swedish music act
13. Beaufort and Bering
14. Fall crop spoiler
15. Street
16. Painting and sculpture, e.g.
17. Slightest
18. Animal fat
19. Ottawa resident who starred in the Mummy film series (2 wds.)
22. Hardly a gentleman
23. Key beside F1
24. *My Dinner with* ___: 1981 film
27. Ancient cross with circular loop
28. ___ Party: Canada's oldest federally registered party
30. ___ time: never (2 wds.)
32. Inc.'s Canadian counterpart
33. Lubricant
34. What Canada Day commemorates
39. ___ up: soak (gravy with bread)
40. "___ are for kids"
41. Emoters
42. Northwest ___: sea route on Canadian mainland's N coast
45. Vancouver team member
47. *The* ___: series starring Mr. T (2 wds.)
48. ___ and outs
49. Consumed
52. City known as "The Birthplace of Confederation"
57. Tegan and ___: Calgary-born rockers
59. "___ No Good": Linda Ronstadt hit
60. Spoiled kid
61. Any time
62. 1950s Ford flop
63. Mix by hand
64. "___ Smile Be Your Umbrella" (2 wds.)
65. Arranges, as a dinner table
66. Window unit

Down

1. "It's easy ___!": very simple (comparison) (2 wds.)
2. Legendary Yankee catcher Yogi
3. ___ R: for mature audiences
4. Org.
5. Canadian language
6. Bread unit
7. Soviet Union
8. Songstress James
9. Garfield's feline girlfriend
10. Corporate meeting place
11. Place serving 53-Down
12. Sum
14. Chemistry lab vessel
20. Words before "iniquity" or "thieves" (2 wds.)
21. Sat. or Sun. (depending on religion)
25. Precipitates
26. House wing
27. "Barbara ___": 1966 Beach Boys hit
28. Env. content
29. Film noir actress Lupino
30. "... ___ of many colors" (2 wds.)
31. Hush-hush (2 wds.)
32. ___ Luthor: Superman's nemesis
35. Heart measure, for short
36. Expire
37. "All ___ in favor ..."
38. Gandalf portrayer McKellen
39. Whirlpool site
43. African desert
44. "I ___ Rock": Simon & Garfunkel hit (2 wds.)
45. Gasoline units
46. "___ Inside": computer slogan
49. Main artery
50. Ontario-born singer Shania
51. ___ nous: confidentially (literally, between us)
53. Strong drinks sometimes called redeye
54. Ore deposit
55. Eject
56. Three tsps.
57. Poivre tablemate
58. 15-Across cousin: abbr.

Yesterday's crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

					3			9
2	7			1		8		
			2		5			7
			8	2		6		
7		6				1		2
		4		3	1			
5			4		6			
		7		9			6	5
4			1					

Yesterday's Sudoku

Weather

TODAY	FRIDAY	SATURDAY
MAX: 19° MIN: 10°	MAX: 24° MIN: 12°	MAX: 26° MIN: 9°

BT BREAKFAST TELEVISION

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Photo courtesy of Eichenhen Photography

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